



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefofkansas.org

316-612-0700 Jan. 2020
Email: info@goodgriefofkansas.org

The Mask We Wear

Michael Domingos, McKinney, TX Bereavement Magazine Sept/Oct 2003



As we stumble through our journey of grief, life lessons can come from the most unexpected places. A couple of years ago I went to see Andrew Lloyd Webber's *Phantom of the Opera*. I had always been intrigued by the story, so seeing the play for the first time was captivating. The Phantom's name was Erik. He was a man with many talents, including music, architecture, magic, and science. Yet, despite these gifts, people were afraid of him because of his disfigured face. To conceal his identity, the Phantom wore a mask and lived beneath the Paris Opera House.

Erik fell in love with an aspiring young singer named Christine and began to share his musical gift with her. As he played for her beneath the Opera House, Christine crept behind him to remove the mask. Slowly she reached around him until she felt the cold texture on his face. Sensing what was about to happen, Erik desperately turned to hide the horror beneath. But it was too late. Looking into the eyes of the Phantom, it was impossible to tell who was more frightened.

As I continued watching the play, I began to empathize with the Phantom. I realized that I had not been that different from him. In the months following my wife's death, I would face the mirror each morning and I, too, saw a mask in the reflection. While the Phantom hid behind an expressionless piece of ceramic, I wore a prosthetic smile to show that I was "okay". I would clench my teeth as a display of perseverance, and the muscles in my face would strain from this act.

As I continued pretending to be "okay," my grief was suffocating underneath. As if trapped under ice on a lake, the emotions frantically looked for way to break through. Pieces of my mask began to chip away revealing the pain underneath. Like the phantom, I was afraid of what others might think when the mask was lifted.

Thankfully, there is a supportive environment where we can express our grief. We can remove the mask of being "okay" that we wear in our everyday lives. It is a comforting sight to look around the room and see that others have removed their masks as well. It is this comfort that allows us to share our experiences and affirm our individual feelings. Through the experiences of others, we realize that we are not alone.

Attending a grief support group also helped me to gain a new perspective on everyday life. After my first visit, I donned my mask again but with a renewed sense of hope. I knew that I only had to wear it for a few days until the next support group meeting. The Prosthetic smile seemed to fit easier with each passing day. Each visit to the support group would bring healing oxygen to the wounds beneath the mask. The muscles in my face relaxed from the twisted knots, an authentic smile overpowered the cosmetic smile that I had been wearing.

The mask had not been violently ripped off my face but gradually removed of my own accord. Although the scars remained, it felt good to feel the

air on my face again.

What I learned from this experience is that as a society we still struggle with the subject of death. Using the analogy of the *Phantom of the Opera*, imagine the perspective of Christine as she stood face to face with the Phantom. To look beneath the mask of somebody grieving would be like seeing our own mortality. Our mask serves as a buffer between society and the fear of death. At the same time, the anonymity of a mask can protect us while we are grieving as it covers the jagged edges of our emotions. Although it provides a coping mechanism, the mask will deteriorate and expose what it is underneath. It is our choice what this reveals. It is by allowing these feelings to breathe that the wounds of grief heal. As for the *Phantom of the Opera*, the play ends and life continues.

One day I may look in the mirror and see that mask again. Thankfully, Halloween only comes once a year.



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

Be sure to check the website for any changes to meeting schedules.

Mondays: 7:00 - 8:30 PM

Grace Baptist Church – (1414 W Pawnee)
Facilitators: Bob & Connie Westerfield

SOUTH WICHITA

Mondays: 7:15 - 8:30 PM

East Point Church of Christ - (747 N 127th Street E)
Go to separate building north of playground
Facilitators: Adrienne Massey, Melissa Warnken, Phyllis Nichols

EAST WICHITA

Tuesdays: 10:00 - 11:30 AM

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room
Facilitators: Marjorie Watkins & Jack Elder

CENTRAL WICHITA

Tuesdays: 6:30 - 8:00 PM

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

WEST WICHITA

Tuesdays: 7:00 - 8:30 PM

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door
Facilitators: Kathy Thomas & Linda Burris

CLEARWATER

Wednesdays: 7:00 - 8:00 PM

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room
Facilitators: Deana King, Jenny Mitchell, David Span

CENTRAL WICHITA

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:00 PM

RiverWalk Church of Christ - (225 N Waco) Use NW entrance door. This door is usually locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.

Facilitator: Jim Yoder 316-727-0663

CENTRAL WICHITA

If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.

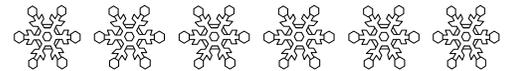
You are welcome to attend any support group of your choice.

It is normal to feel confused, forgetful, crazy, lost and alone, plus a wide range of other emotions.

It may not feel like it just now, but it does get better . . . let us help. **Please commit to attend at least three times.**

The first two times may be difficult but you will begin to feel a difference in your grieving as you are able to share about your loss and other issues that come along at this time.

You might want to visit several groups until you find the one you feel most comfortable with.



BAD WEATHER

POLICY

No group meetings will be held:

Wichita:

If the Emergency Accident Reporting Plan is in effect.

Outside Wichita:

Check with your facilitator.

Never put yourself at risk. If you think the streets are too dangerous to drive on, do not attend the meeting.



Schedule of Regular Socials:

Thursdays: Breakfast at 9:00 AM

IHOP - 11855 E Kellogg Drive
(Hosts: Cindy Swan, John McBride)

Saturdays: Breakfast at 10:00 AM

Spears Restaurant - 4823 West Maple
(Hostess: Janet Cook)

Thursdays: Lunch/Brunch at 10:00 AM

Country breakfast Café - 2804 S Seneca Street
(Hostess: Lois Pardee)

January 2020



May you always be the one who sees the light in the little things

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No meeting New Years Day	2 Breakfast 9 am - IHOP Brunch/Lunch 10 am Country Café TLC Mtg 5 PM	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	7 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	8 W.A.Y. Group 7:00 pm	9 Breakfast 9 am - IHOP Brunch/Lunch 10 am Country Café	10	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	14 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm GG Board Mtg 5 PM	15 W.A.Y. Group 7:00 pm	16 Breakfast 9 am - IHOP Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 GG office - closed SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm Martin Luther King Jr Day	21 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	22 W.A.Y. Group 7:00 pm	23 Breakfast 9 am - IHOP Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	28 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	29 W.A.Y. Group 7:00 pm	30 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	31	

Angel Pennies

Remember this every time you pass that little penny in the parking lot. I always thought that it was for Good Luck, but I love this version.

I found a penny today
Just lying on the ground.
But it's not just a penny,
This little coin I've found.
Found pennies come from heaven,
That's what my Grandpa told me.

He said Angels toss them down.
Oh, how I loved that story.
He said when an Angel misses you,
They toss a penny down.
Sometimes just to cheer you up,
To make a smile out of a frown.
So, don't pass by that penny,
When you're feeling blue.
It may be a penny from heaven,
That an Angel's tossed to you.

Contributions for last month(s) totaled \$945.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

January Birthdays

December

Contributors:

- Carmen Suter
- Al Kemmerer
- Nancy Vincent
- Cheri Gartin
- Lois Pardee
- Jarree Miller
- Anonymous
- Martha Bradley
- Janet Cunningham
- Betty Kelley
- Margaret Glazier
- Phyllis Nichols
- Rod and Lisa Wake
- Mary & Michele Belcher
- Benny Zuniga
- Chuck Watkins
- Janet Cook

Remember to send
 your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

*In loving memory of my Best
 Friend and sweetheart of 28 years.*

Shirley Howe, my soulmate

by Jerry Boyd

*We miss you so much.
 Can't believe it's been 10 years.
 12/30/09.*

*Love you A. J. Belcher
 by Mary & Michele Belcher*

Love Gifts

At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important. **We depend on donations from individuals and organizations to meet our program expenses and to keep the Good Grief office open.**

Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

*Memorial tributes
 and gifts always welcome.*

Note: For memorials with a special remembrance date, submit information one month early for timely publication.#

Norma Nosker	2
Charles Brown.....	3
Laura Young.....	5
Jon Burk	5
Tamara Kelley	5
Brie Dieker	5
Jeremy Arnold	8
Chasni Gifford	11
Jan Ross	12
Vivianne Bowyer	12
Janet F Cook.....	13
Chris Horning	13
Don Hess	14
Clair Duggan	14
Larry Gustin.....	16
Adrienne Massey	16
Ginny Charles	17
Marjorie Watkins	18
Rayanne Church	18
Mika Satake	18
Deanna Booth	19
Lois M Pardee	21
Benny Zuniga	21
Jenny Mitchell	21
Ellen Moore	23
Verda L Eichelberger	24
Judy Berg	24
Carol Cole	26
Fred Silver.....	27
Dave Bloir.....	27
Karen Gooch	27
Nancy Vincent.....	29
Janet Phelps	30



Circle of Light



I only
vaguely
remember

Jimmy
Durante –
“the
Schnozz”.

I remember
he sang a
little,
danced a
little, joked
a little,

and always closed his show
with “Goodnight Mrs. Calabash,
wherever you are.”

One of his classic bits
was a trademark soft shoe
on a totally darkened stage,
with just one spotlight
shined from above
to encircle him.

After a bit the light moves
and Durante is left in the dark.

But he adjusts nicely
with a deft leap into the new light.

The bit is repeated
each time his light step
carrying him into a new light.

I think about my life,
about the bright lights that
illuminated my way
through the world’s darkness.

by Ron Griesl

There were loving parents
who put me above themselves
and prepared me for the future.
When their lights went out I still
had my Patty’s glow to brighten
the largest part of my life,
until she too was called.

Again I had to leap,
this time so much harder,
to find a light for my dance.

But I found that light in
children, friends and writing,
and am relearning the
intricate steps that
make life worthwhile.

And if I have learned one thing
from an old-timer named Durante,

it is that there will always
be a light
if I am willing to make the leap.



Arts, Brushes and Bereavement

By Jim Meyer East Haddam, Connecticut

Bereavement Publications, Inc Nov/Dec 1998

A life is a work of art painted by the brush of love. After a body dies, the work of art remains. We see it and rejoice that it was painted. We know that what a life believed in and lived for lives on and can be seen in the brush strokes of love upon the canvas.

However, the brush of love must now be cleaned. This is the hard work of grief — bereavement. We don't like cleaning up — washing the brush of love with our tears. But it is a normal, natural and healthy thing to do so that we can love again. So we can touch another canvas with our brush — a clean brush that carries no bitterness or guilt or anger. This takes time and patience, mixed with wisdom and courage. We must believe in our hearts that it is worth it.

For we must go through life with the "brush of love ready." We must be willing to get it soiled again and again, only that it might be cleaned again and create those wonderful brushstrokes of love upon a canvas that enables us to look back with joy.



Grief is like a Jigsaw Puzzle

By Victoria Guthrie Tampa, Florida

Bereavement Publications, Inc Spring 2004

Grief is not a smorgasbord where you go down the line picking a little of that.

Grief is like a jigsaw puzzle. Some people get all the edge pieces together first and work from the outside in. Others dump everything out on the table at once and dive right into the middle. Some never even open the box at all. They just look at the picture on the lid and wonder why what's inside the box doesn't match or make sense.

You meet a lot of people when you start a jigsaw puzzle. Some are full of advice, or they may try to make the puzzle look the way it ought to be instead of the way it is.

*Thank you to all
who purchased raffle tickets for a
chance at a new car from
Rusty Eck Ford!!*

*We appreciate you supporting
Good Grief of Kansas!*

*Total amount raised was
\$2670.00*



DILLONS COMMUNITY REWARDS

Dillons Plus Card Instructions

- Step 1:** Go online to www.dillons.com
- Step 2:** (If you already have an online account please go to instruction below.)
Click on Community/then Community Rewards. Click on Create Account, enter email address and password, select preferred store, then click on create account at the bottom of the page.
- Step 3:** Add Dillons Plus Shoppers Card - Enter the 12 digit number from the back of your Dillon's Plus Card or alternate phone number and your last name, then click on save.
- Step 4:** This will bring up Account Summary page, scroll to bottom of page and at Community Rewards, Click Edit button.
- Step 5:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

Already have a Dillons Account?

- Step 1:** Go online to www.dillons.com
- Step 2:** Click on Community /then Community Rewards
- Step 3:** Sign In - enter email and password, then enroll now.
- Step 4:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message.

Office Hours

Mon. 8:00 - 5:00
Tues. 8:00 - 10:00
Wed. 8:00 - 10:00
Thurs. 8:00 - 10:00
Closed Fri/Sat/Sun

OFFICE SUPPLY NEEDS:

Envelopes:
6 Security
10 Standard
(Dollar Tree envelopes work just fine)

Colored Paper:
Pastel - Cream
8½ x 11, 24 lb

I Want To Help Support Good Grief of Kansas

Enclosed is a memorial gift in memory of (Name) _____

Enclosed is my tax-deductible gift in the amount of \$ _____

Enclosed is my monthly support of:

\$20 ___ \$25 ___ \$50 ___ \$75 ___ \$100 \$ _____

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____



ANONYMOUS PLEASE

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____



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Good Grief News

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Evelyn Reece	

Program Outreach:

- Widowed Support Group
- Survivors of Suicide Loss Support Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

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this mailing

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Newsletters may be viewed
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www.goodgriefokansas.org.

Mission Statement:
Good Grief of Kansas provides grief
support for persons who have lost a
loved one through death.

Good Grief of Kansas
is a TAX EXEMPT
non-profit 501(c)(3) organization
funded by:

- Memorials, Gifts & Donations

Good Grief of Kansas, Inc. does not discriminate
on the basis of race, religion, color, national
origin, sexual orientation, sex, age or disability. If
you feel that you have been discriminated
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Marge Glazier

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Century 21 Grigsby

Cell 316-648-7415
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Marge Glazier, Broker Associate